

Basic Report 16345, Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water

Report Date: March 04, 2015 04:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 169g	1 can 258g
Proximates				
Water	g	70.00	118.30	180.60
Energy	kcal	117	198	302
Protein	g	7.04	11.90	18.16
Total lipid (fat)	g	0.97	1.64	2.50
Carbohydrate, by difference	g	20.77	35.10	53.59
Minerals				
Calcium, Ca	mg	64	108	165
Iron, Fe	mg	1.27	2.15	3.28
Magnesium, Mg	mg	30	51	77
Phosphorus, P	mg	96	162	248
Potassium, K	mg	234	395	604
Sodium, Na	mg	212	358	547
Zinc, Zn	mg	0.59	1.00	1.52
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.2	0.3
Thiamin	mg	0.050	0.084	0.129
Riboflavin	mg	0.019	0.032	0.049
Niacin	mg	0.262	0.443	0.676
Folate, DFE ^a	μg	21	35	54
Vitamin B-12	μg	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0

Footnotes

- ^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid
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